



After School Hummus

Servings 8 | Prep time 15 mins. | Total time 15 mins.

Equipment: Can opener, Colander, Blender or food processor

Ingredients

1 15 ounce can no salt added garbanzo beans (chickpeas)
2 medium garlic cloves, minced
1 1/2 tablespoons lemon juice
1 teaspoon ground cumin
2 tablespoons olive or vegetable oil
1/8 teaspoon ground black pepper
1/2 cup plain non-fat yogurt OR 2 tablespoons water

Instructions

1. Before you begin wash your hands, surfaces, utensils, and vegetables.
2. Use a colander to drain garbanzo beans. Discard liquid.
3. In the bowl of a blender or food processor, combine garbanzo beans, garlic, lemon juice, cumin, oil, and pepper. Blend on low speed until beans are mashed and consistency is smooth.
4. Blend in 1/2 cup yogurt OR 2 tablespoons water.
5. For best results, refrigerate for several hours or overnight so the flavors blend.
6. Serve with fresh vegetables, pita chips, or crackers.

Nutritional Information:

Calories 80
Total Fat 4.5g
Sodium 0mg
Total Carbs 9g
Protein 3g